



# Online Sleep Workshop



**Thursday 27th March  
6pm - 7pm**

This workshop is for anyone to attend and is aimed at young people aged between 12-18 and their parents and carers.

The workshop will focus on how to create positive sleeping habits and tips and strategies to have a better night's sleep.

## Joining Information

To join our sleep workshop please scan the QR code and follow the instructions to join using Microsoft Teams. You can also join using the following details:

**Meeting ID: 310 000 660 899  
Passcode: 4Qn3se2K**



If you have any issues logging on or any questions prior to the workshop please contact

[teww.wimtadmin@nhs.net](mailto:teww.wimtadmin@nhs.net)